

CLUB GREAT BAY GROUP EXERCISE SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM	LesMills BODYPUMP (Andrea)	LesMills BODYSTEP CXWORXEXPRESS (Ashley)	LesMills BODYPUMP (Nancy)	LesMills RPM (Deb D.) Cycle Studio	Strength Training LesMills CXWORXEXPRESS (Nancy)		
7:00 AM						Boot Camp (Nancy) Turf Area	
7:30 AM		BARRE (Melanie)		BARRE (Melanie)	LesMills BODYPUMP (Giovanna)		
8:10 AM						LesMills BODYSTEP (Josephine)	
8:15 AM						LesMills RPM SPIN-Rotating Instructors Cycle Studio	
9:15 AM	LesMills BODYPUMP (Megan) H.E.A.T (Debbie) Turf Area	Low & Go (Debbie) LesMills RPM (Natalie) Cycle Studio	LesMills BODYPUMP (Lynn S.) H.E.A.T (Kelly L.) Turf Area	Zumba (Kathy) LesMills RPM (Natalie) Cycle Studio PILATES (Kathy) @ 10:15AM	LesMills BODYSTEP CXWORXEXPRESS (Ashley) LesMills RPM (Laura) Cycle Studio H.E.A.T (Kelly L.) Turf Area	LesMills BODYPUMP (Andrea)	LesMills BODYSTEP (Liz)
10:30 AM	Yoga-Flow (Linda)	PILATES (Michele)	Yoga-Gentle (Leah)				LesMills BODYFLOW /Yoga-Flow Rotating Instructors
4:30 PM	BARRE (Stacey)	Kettlebell (Sophie) Turf Area	BARRE (Stacey)				
5:30 PM	LesMills BODYPUMP (Nancy) Women & Weights (Tina) Women's Studio	Zumba (Courtney) SPIN (Stacey) Cycle Studio	LesMills BODYSTEP (Liz) Wallyball Court #2 Starts 6:15PM	Kettlebell (Sophie) Turf Area LesMills RPM (Kristen) Cycle Studio	GREAT BAY Group Exercise Director Debbie Charette debbie@seacoastspportscubs.com SCHEDULE APRIL 6TH		
6:30 PM		LesMills BODYFLOW (Kim)	LesMills BODYPUMP (Kristen)	Yoga-Gentle (Leah)			